

September 10, 2007

Sidebar

“Low Carbs” And “Good Fats”

Welcome to “Dr. Mickey’s iPress – *Sidebar*”

This is a giant step for me in small print. It is my first venture into the world of short article (“blogs”). I will keep this one in my bank’s safety deposit system and look at it a year from now. I am sure it will have a different “face.” For sure (I hope!) it will have more “readers.”

Simplicity

My objective is—simplicity. Let us name it—*easy reading*. Nothing technical. Nothing scientific. Written in plain American English. Just my opinion!

Diet And Health

Billions of greenbacks, euros, yens, etc., are exchanged daily on diets and healthcare. The overweight population (worldwide) is in the mega-millions. Just in the US it is 60%+ or about 180,000,000 of us. Wow! *Query*: How much do you weigh?

To get “healthy” you need to weigh according to your height and your build. So, if you are overweight, you must eat properly (“less rather than more”) to lose weight. I hope *Dr. Mickey On Atkins – “The Mijas-Diet”* will help you. It did wonders for me—it bettered my health. (Read, the chapter dedicated to my medical tests.)

“Low Carbs” And “Good Fats”

(Meaning: low glycemic carbohydrates)

(Meaning: fatty fishes, avocados, and different olive oils)

These foods are essential to lose weight and gain better health (longevity). But in the case of *avocados* you must eat them at the proper stage and in moderation. The Mijas-Diet tells you how to ...

Fresh Fruits. Are they low carb? Yes. When you compare fruits to cornflakes they are low carb. Why? Fruits have a *35 glycemic number (says Michel Montignac) and cornflakes hits *95. Also, a meal of just fruits is very healthy and not fattening. Just make sure the meal takes place three hours after a prior meal, and that you wait another three hours to consume another meal. Montignac’s book is featured in *Dr. Mickey On Atkins*.

Good Fats. If you read *Dr. Mickey On Atkins* you will be an expert on healthy fats. Recently, I read that a diet (1) of good low carbs and (2) high in healthy fats does not increase heart disease. See *El Nuevo Herald* (November 9, 2006) citing the *New England Journal of Medicine*.

Healthy Fats. Here they are: fatty fishes, olive oils, nuts (always consult your gastroenterologist), and **avocados.** **Alert** Remember take “fish oil” capsules. Read, *Dr. Mickey On Atkins*.

The Mijas-Diet

Indeed, “The Mijas-Diet” (heavy on “good carbs,” generous on “good fats,” and happy on “red wines”) is a good diet. According to the *Miami Herald* (November 9, 2006), Alice H. Lichtenstein, professor at Tufts University Friedman School of Nutrition, has stated (again), “[Replacing animal fat with a moderate amount of vegetable oils] ‘can help reduce the risk of heart disease.’” I say “again” because in my book there is an earlier quote from her related to this critical subject.

Therefore, you are advised to restrict white pastas, white potatoes, white breads, bagels, cakes, candies, and cookies. Sorry! They are “toxic sugars.” Do not forget that a “baked potato” is pure sugar—the worst. (The best to ignite a sugar surge and high insulin activity.)

Chocolate

Montignac in *Dine Out and Lose Weight* recommends chocolate. The Mijas-Diet recommends chocolate (sugar free!). Chocolate seems to be as good as an “aspirin-a-day.” **ALERT** Consult your doctor on aspirin therapy.

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